

What Quiets the Ego?

Be here **now**, in the present moment, without judging yourself or others. Be **open-minded**.

(This is called Detached Awareness)

Think about what it means to be human and what you share with all living things. Remember that we are all **interconnected**.

(This is called Inclusive Identity)

Be open to different perspectives; this cultivates empathy and compassion. Be **open-hearted**, and give others the benefit of the doubt. (This is called Perspective Taking)

Live a valuable and **meaningful** life; strive to **grow** and **learn** from your successes and mistakes.

(This is called Growth)

Quiet Ego Contemplation

Awareness

without judgment of self and others

Belonging

we are connected to others and to the natural world

Compassion

see other perspectives; identify with others; be open-hearted

Development

learn from your mistakes, become a more balanced person



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